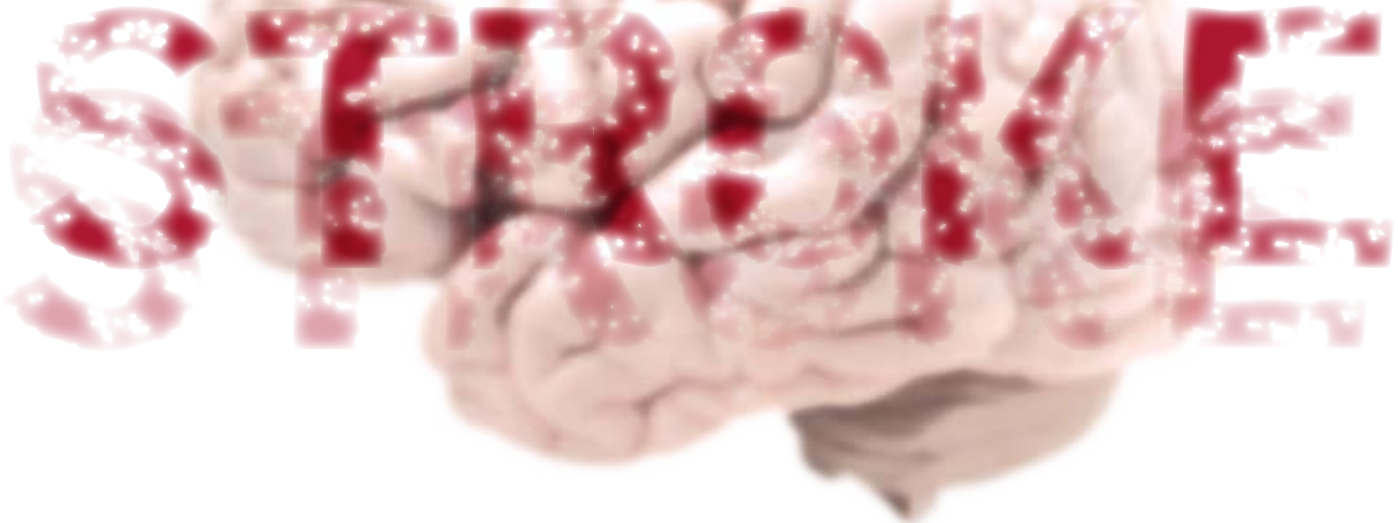


# Wellness *news*

body MIND

## KNOW THE WARNING SIGNS OF



Stroke is a type of cardiovascular disease that impacts the arteries inside and around the brain. When a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts, a stroke occurs. As a result, part of the brain is deprived of necessary blood and oxygen and begins to die. The effects of stroke vary according to where in the brain the stroke occurs and how much brain tissue is affected, but can include paralysis of one or both sides of the body, vision problems, speech problems, memory loss, and changes in behavioral style. Currently in the United States, someone has a stroke every 40 seconds and someone dies of a stroke every four minutes. Stroke is the number three cause of death in this country.

### WARNING SIGNS WARNING SIGNS WARNING SIGNS WARNING SIGNS

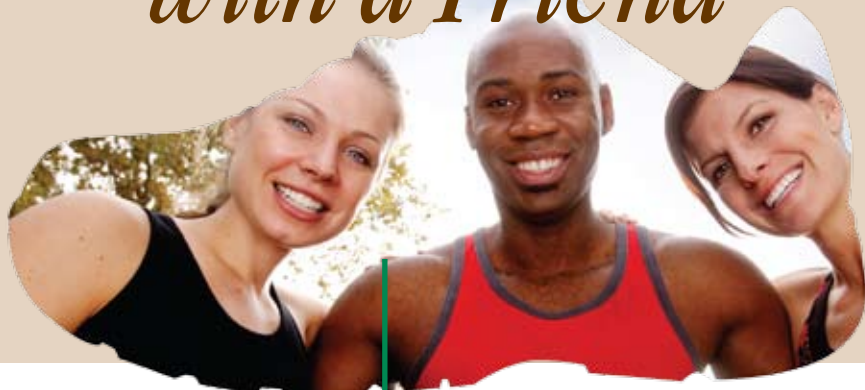
- ! Sudden numbness or weakness of the face, arm, or leg, especially of one side of the body
- ! Sudden trouble seeing in one or both eyes
- ! Sudden confusion, trouble speaking, or understanding
- ! Sudden trouble walking, dizziness, loss of balance or coordination
- ! Sudden, severe headache with no known cause

### REDUCE RISK REDUCE RISK REDUCE RISK REDUCE RISK

Some risk factors for stroke, including age, heredity, and prior stroke or heart attack cannot be changed. Other risk factors, however, can be changed or treated to decrease likelihood of stroke. These include high blood pressure, diabetes, cigarette smoking, high cholesterol, poor diet, obesity, and physical inactivity. Controlling high blood pressure and high cholesterol, quitting smoking, properly managing diabetes, and being physically active are all important ways to minimize risk for stroke.

To identify steps you can take to minimize your risk for stroke, consult a physician.

# GET FIT *with a Friend*



Along with maintaining a healthy weight, eating a nutritious, well-balanced diet, and having age-appropriate screenings and exams, being active on a regular basis is an important way to preserve health and well-being. According to the Centers for Disease Control and Prevention, regular physical activity can help to control weight, control risk for cardiovascular disease, reduce risk for type 2 diabetes and metabolic syndrome, reduce risk of some cancers, strengthen bones and muscles, improve mental health and mood, and increase chances of living longer. Regular physical activity is vital to continuing good health.

One way to commit to regular physical activity is to incorporate a friend into your fitness plan. Potential benefits of exercising with a friend include the following.

- ➔ You are less likely to skip out on your daily activity if another person is counting on you to show up.
- ➔ In some areas, it is safer to walk, run or bike with another person rather than alone.
- ➔ Exercise might be more enjoyable and go by more quickly if you work out with a friend since it provides an opportunity to talk and catch up.

## Suggestions for Exercising with a Friend

- ➔ Schedule a start date that works with both of your schedules and decide on an activity or variety of activities that you both enjoy. Consider time of day and preference for indoor or outdoor activities.
- ➔ Remember not to compare yourself with your fitness buddy. Focus on your own personal health and fitness.

- ➔ Wear comfortable, appropriate shoes and clothing.
- ➔ To break monotony, consider changing activities with the seasons. For example, walk during the spring or fall, and swim during the summer.
- ➔ Plan to reward yourselves with a healthy treat after meeting your fitness goals for the week or the month.
- ➔ Drink plenty of water before, during and after activity.
- ➔ The American Heart Association recommends starting slowly and not overdoing it and states that you should be able to talk during exercise. If it takes more than 10 minutes to recover from exercising, you're working too hard.
- ➔ If you and your friend miss a day, plan a make-up day.

If your friend is unable to meet you one particular day or week, consider other social physical activities such as a housecleaning session with your family or a walk with a co-worker during your lunch break. Make 2011 the year that you keep your New Year's fitness resolutions. Incorporate a friend into your physical activity routine. Your body will thank you!

*Consult a physician before beginning any new exercise program, particularly if you have been inactive for an extended period or have a medical condition.*

## Lake Health Calendar of Events *February*

### B Fit 4 Life

Are you looking for information on how to eat better or become fit? If so, attend the B Fit 4 Life activity series. It's designed to provide you with the health and lifestyle information you need to stay healthy. We meet monthly, except December. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Chapin Forest Pine Lodge, 10381 Hobart Rd, Kirtland – February 3, 4 – 5 pm, 6 – 7 pm, or 7 – 8 pm (Cross Country Skiing)**

### Free Blood Pressure Screenings

We offer free screenings to check your blood pressure between visits to your physician. Stop by our urgent care centers during regular hours (call for hours: Mentor - 255-6400; Willowick - 585-3322; Madison - 639-0726; and Chardon - 286-8908). Or come on the following dates:

**TriPoint Medical Center – February 5, 9 am - 12 noon**  
**West Medical Center – February 19, 9 am - 12 noon**

### Label Reading Tours

Discover the tricks to interpreting food labels at a FREE label-reading tour. Space is limited. Call the Best of Health Line at 440-953-6000 or 1-800-454-9800 to register.

**Giant Eagle, 7960 Plaza Blvd., Mentor – February 2, 6:30 pm**

### Wear Red Breakfast for Women

Do you love your heart? Join us for a special breakfast and fashion show in support of women and the fight against heart disease. Meet a woman survivor whose life has been affected by heart disease – and take her lifesaving message to heart.

**Normandy Banquet Center, 30310 Palisades Parkway, Wickliffe – February 4, 7:30 – 9 am**

### The Wellness Institute Now Offers Yoga!

The practice of yoga can help improve your health with stretching to tone your muscles and exercises your entire skeletal system. Some yoga workout programs are more challenging than others. Try a yoga program to find your preferred method. All programs are six weeks and are in the **Physician Pavilion at TriPoint Medical Center, 7580 Auburn Rd. Suite 201, Concord Township**

**Gentle Yoga – February 14, 5:45 – 6:45 pm or February 15, 5:30 – 6:30 pm**

**Gentle Stretch Yoga – February 14, 1:45 – 3 pm**

**Lunch Time Yoga – February 16 or 17, 12:15 – 1 pm**

**Yoga for Arthritis – February 14, 10 – 11 am**



Lake Health offers a wide variety of programs for men, women, seniors and families. Please log onto [www.lakehealth.org](http://www.lakehealth.org) or call the Best of Health Line at 440-953-6000 or 1-800-454-9800 for more information.